

ABSTRACT

The present invention 10 discloses a workout bench 26 having a plurality of incline adjustments and stanchions with means for receiving dumbbell weights 12. The dumbbell stanchion comprises a tubular structure 16 having a base portion 38 extending transversely to its distal ends, forming vertical stanchions. The vertical stanchions 16 comprise a weight rest stanchion 18 with weight rest 19 that is slidably adjustable having apertures 22 linearly arranged in conjunction with a locking pin 24 provided on the main vertical stanchions. The bench comprises two cushions 28 fixedly attached to individual frame structures 30 each hingedly 32 connected at the center. At the other distal end of the cushion frame 30 are collapsible leg supports 34 that fold up allowing the cushions 28 to rest on the floor's surface at an angle from the pivot point. Also disclosed are internal extendable braces 42 for raising the cushions 28.